



Questions to ask your Doctor About Women's Health

You may wish to print this page and take it with you to your next doctor visit as a reminder of important questions to ask about women's health.

- What types of vitamins and minerals should I be focusing on getting enough of? What types of foods or supplements should I be eating/taking to meet these needs?
- Are there any dietary conditions I should be worried about getting? How can I avoid developing any in the future?
- What conditions pose the greatest risk for me? What can I do to reduce this risk?
- Should I be getting any particular medical tests to monitor myself (especially as I get older)?
- What types of diseases and cancers affect women the most? Should I be worried about any of these? If so, what should I do to minimize my risk?
- What are the warning signs of a mental disorder and how do they compare to normal behavior?
- How do I avoid becoming depressed or afflicted with another mental disorder?
- Why is mental health important? What benefits can I expect from maintaining my mental health?
- How are mental health disorders diagnosed and treated?
- What kind of health concerns should I be focusing on if I plan to become pregnant? How can I develop a plan to get through my pregnancy as easily as possible?
- How can I avoid diseases of the sex organs? What kind of tests/monitoring should I be doing as I get older?
- What kind of changes can I expect as I get older? What is normal and what could constitute a problem?